



Suicide Can Be Prevented

World Suicide Prevention Day on September 10 promotes worldwide action to prevent suicides. This year's theme is "Creating Hope Through Action." Given the stress, anxiety and isolation we all have faced since the start of the pandemic, it's more important than ever to be aware of the warning signs for suicide and to get help for those who are suffering.

Warning signs include:

- Being sad or depressed most of the time
- Talking about suicide
- Withdrawing from family and friends
- Feeling hopeless
- Acting recklessly

Always take these signs seriously, and get help immediately.

Your Employee Assistance Program can help you and any of your household family members deal with emotional concerns, with free and confidential counseling from trained professionals. To speak with a counselor, contact your program today.

Here when you need us.

Call: 877-527-4742

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: State of Delaware

